

Introduction: Deciding what to chose as the theme for this issue was made much easier by the events of recent weeks in British Ufology. CASE HISTORIES is intended to range wide along the spectrum of our phenomenon, as I trust the first two issues have shown. I could have settled onto a fairly 'safe' option again, as with the "Woodside Ufocal" but the "in-thing" is to discuss alleged abduction stories that have emerged by way of regression hypnosis. And as material was to hand this is what I decided upon.

Hypnosis has been used in the USA since 1963 when the Betty & Barney Hill encounter was produced. It had stemmed from a basic light-in-the-sky UFO report (which some debunkers still insist is proven to have been the planet Jupiter). Under hypnosis the Hills were 'regressed' to the time to discover what might have happened during the period of time they could still not account for. A memory of on-board alien contact did ensue, about which a book (THE INTERRUPTED JOURNEY, John Fuller, Corgi, 1982) and a TV movie (THE UFO INCIDENT) were made. But was this memory of a real event, or a fantasy created by the hypnosis state, or memory of a dream believed to be real? All have been suggested. All have merit. The truth may be a combination of several factors. Since the case was so well publicised it has never been possible to know how many subsequent "abductions", retrieved in a similar fashion, may stem from this first example and the subconscious memory of it virtually everybody old enough has.

Much work was done in the USA and some abductions emerged with no artificial memory stimulation. But it was exceedingly odd that whilst totals of such cases mounted across the Atlantic Britain had almost none. The first example in the UK was that of an encounter at Aveley, Essex, in October 1974 which produced a regression memory of abduction four years later. Since then a few others have followed, but still just a handful. And in Australia, where this practice has never been condoned there has never been recorded a single, solitary UFO abduction!!

In view of this, and doubts within the medical profession itself that hypnosis was anything more than a loss of ego-consciousness and attendant high susceptibility, the use of regression in UFO work became very controversial, even amongst ufologists. One has to balance the undoubted facility for memory retention stimulated by hypnosis (as seen in its growing use for police work) against the unquestionable truth that it heightens a persons capacity to imagine and fantasise. How can we tell that a person's memory of supposed abduction under hypnosis is real, not imagined. The answer is we cannot.

Professor Alvan Lawson of California State University, with hypnotist William McAll, experimented by regressing people who said they had no interest in UFOs and getting them to imagine abductions. Their stories were remarkably like the supposed real ones. There has been much criticism of this work. And Lawson and McAll have gone on to produce a theory which suggests that all the common elements in the hypnosis stories result from the mind regressing to the one experience common to us all...the trauma of birth. The two Americans visited Britain in July 1982 to try to persuade researchers here of the validity of their work and the consequent futility of regression in UFO terms. A detailed account of their work and theories is to be presented in MAGONIA. (*)

Recently Harry Harris, a lawyer working with the Manchester group MUFORA, has begun a series of experimental regressions. Some information on the results of sessions with police officer Alan Godfrey (who recalled an alien abduction) has been given in CH 2. The full story will be found in the book which I have just authored, "The Pennine UFO Mystery", for Granada paperback publication in Summer 1983. But Harry has worked on several other cases too, and little information has been made public on these. There is a possibility that this new work will form the basis of a sequel book at some stage. And in many instances work is still in progress. Therefore in this issue I am by no means going to give an in-depth picture of what is happening. Instead I will sketch in only the situation regarding two of the cases under experimentation, because they seem to have a degree of information relevant to the whole question of regression abductions. In this sense I feel that it will benefit ufology to see what is happening and perhaps stimulate thought and feed-back discussion.

This report is based on my view of the hypnosis tapes (which are all on video-film and some personal observations when I have sat in at the regressions themselves). I trust Harry will understand my motivations for what he might see as premature discussion. I am not giving the full picture. Nor am I discussing implications. This is merely a taster for what will be a fascinating report on this work, firstly in the 1983 Granada book, but more importantly in whatever major follow-up Harry decides upon. (* Magonia is obtainable at 64 Alric Ave New Malden Surrey KT3 4JW)

"The Terror and Scars of Missing Time"

TERROR BESIDE THE MERSEY

2..

This case is an interesting example of how hypnosis can turn an otherwise simple encounter into a much stranger one (as one might say of the Hill abduction). The primary witness we shall just call Linda, she is a mother who was aged 36 at the time of the experience (August 19 1979). Attendees at the BUFORA congress in Edinburgh will have seen Linda as she helped Harry present a paper there on his work. This was the first time that I learnt of the case, discovered by Harry in late 1981. Work is still being conducted.

Linda lives in East Didsbury, a district of South Manchester, and was known to Harry through a friend. She told the story as consciously recalled. Roughly it went as follows:

At about 20.00 Linda left her house to walk along a path that follows the River Mersey near her home. With her was daughter Andrea (then 15) and son Marcus (then 5). The area has a sewage works and is infilled from an old tip. It is a large expanse of open land, with rich grass and trees. It sits amidst a large meander within the river and stands as an oasis of unexpected countryside in urban Manchester. The M63 motorway cuts through the area, running roughly parallel with the riverside path.

The family were collecting wild flowers as it was a lovely summers evening when Linda suddenly saw what she took to be the moon (it was not). This was a golden ball of fire above some trees. (The time was now estimated as about 21.00). The object moved off to their right and disappeared behind a hill. Thinking it might be an aircraft crashing in flames they run up the hill towards it and saw it, now further away but very low down. It circled in their direction and came down very low. At this point they got a good look at it. The children say Linda was staring at it, transfixed by a pulsing light it possessed.



Linda describes the object as floating like a balloon and shaped like a gondola, ie curved underside and a dome-like top. It was bobbing up and down like a hovering helicopter (which they did consider it to be at one time). Bright white light emerged ("so bright it hurt my eyes") and a red light was seemingly rotating around the rim. Andrea describes it as like a rocking chair in shape with the underside having superstructure like girders criss-crossing in the middle of a bridge. She called out "What's one of these?" Marcus, on getting home, begged his father to take him back to see the "crashed boat". He drew it very like the others.

Linda was terrified by the experience and fled, although the object was now seen to be moving off and following in the wake of an aircraft now passing over and heading into Manchester Airport. The children of course went with her. She twisted her ankle in the confusion and had to be helped home by Andrea. On arrival home her husband said to her when he saw the ankle... "Who did it... a spaceman?" He says he was joking!

That is a basic description of the story as given. I would add that Peter Warrington, MUFORA chairman, has always believed the family saw either a lightplane or more likely a helicopter (the criss-cross structure seen by Andrea underneath may well fit such a craft). The family totally disagree. But it has to be said that Manchester Airport lies just 3 miles south south west and at that time on an August evening is very very busy. A small aircraft may well have been put into a hold for ten minutes (estimated duration of observation).

To Hypnotise or not... the dilemma

Most UFO investigation groups would have gone no further with this case. Over two years after the event it was impossible to check for any lightplane it might have been. But Harry was concerned about time discrepancies in the story and once these were pointed out to the witnesses they agreed there looked to be a puzzle. They had not seen this previously.

Husband Trevor is a central heating engineer who that night was working a shift to 22.00 (although he told me he might have arrived home by 21.30 - a significant point). The witnesses have estimated from reasonable premises (none had watches) that the time of sighting lasted from 21.00 to 21.10 and running home would contract the normal 20 minutes walk to maybe 10 minutes, giving their arrival time as no later than 21.20. But Trevor was there, and so they now presume it must have been at least 22.00... ie giving rise to about forty minutes of missing time.

Obviously this factor is far from conclusively proven, but Harry decided there were sufficient grounds to conduct regression hypnosis. On the basis that it would be an interesting experiment nobody had any objections to this. Marcus was clearly too young (although he has had spontaneous recollection of what he claims was seeing windows in the objects underside and men with "raindrop" shaped heads within). Both Linda and Andrea were regressed by Dr Joseph Jaffe, a very qualified doctor.

Under hypnosis Andrea described the incident vividly but stuck to the tale of merely running away. But she was then asked about the missing forty minutes. She acknowledged their existence but could not explain how. Asked to regress to this time she would only say... "I can see nothing... its dark blue... there are white circles. ." Since the experience a rash has been periodically appearing on her arm. Whether this is at all relevant is not known.

Linda, however, has been very forthcoming. Much detail has emerged. She reacts with enormous fear under hypnosis and talks of standing there by the object, paralysed and desperately trying to run. Then she becomes aware of a man behind her. She cries out... "I don't want to see them... I want to go home" and Dr Jaffe has to try several tricks to get past this emotional block. Eventually she describes a figure over 6 ft tall with a very dark one-piece suit on. He has a yellowy puppet like face and mask-like slanting eyes ("like Chinese") She keeps hearing in her mind "GO*GO*GO" and the figure is pointing towards the object. Time seems frozen around her. All sounds have vanished. (Andrea and Linda both consciously describe this "OZ Factor" effect) Linda says she has to go with the figure and feels herself floating above the ground towards the object. She sees the children beside her before losing awareness. As she flies she sees deep blue below her (remember Andrea's hypnosis comments?)

There is now a classic scene-jump so typical of abductions and she finds herself awake in a brightly lit fluorescent room on an orange bed or table. She feels heavy and cannot move. We have so far got little further than this but she says she now knows that the entity was called "Algenyon".

Summary

Confusion and controversy still reigns within MUFORA about this case. Is it a fantasy? Was the original sighting a helicopter? There is no agreement. Certainly Linda seems to have a fascinating childhood background of strange dreams, and later psychic experiences (a mysterious vanishing figure was allegedly seen in the garden just weeks prior to the UFO experience for example). Whatever the truth it is valuable research to continue because either way we need to know the truth. Do hidden contacts occur unsuspected in our files? Or can we manufacture them from ordinary sightings just by suggesting a time lapse and regressing the witness. Continued work on this case may hopefully help answer that question.

I DREAMT I SAW A UFO

What makes this second experience so very interesting is its genesis. The witness is an Insurance Broker called Jenny who is in her twenties. She is known to Harry and told him that she had had very odd and persistent dreams of a UFO and aliens, but she could only recall these vaguely. As far as she was aware these were simply dreams. There was no indication of a belief that a real event had stimulated them. However, Harry mindful of the research potential of this case, and also aware that in some abduction cases (such as the Hills and the Aveley abduction) it was the existence of strange dreams that had pointed to the abduction, he decided to arrange for hypnosis.

Jenny was put under hypnosis and asked to go back to the first dream that had involved her UFO memory. She could give nothing. Numerous attempts were made by Dr Jaffe to get her to recall a connected dream. Method of approach was varied and in the end it looked hopeless. Jenny could just not visualise a dream under hypnosis (or could not sufficiently recall one to visualise) that worked out. This was both a surprise and a disappointment to the researchers because nobody had suspected that once hypnosis had worked (evidently had) Jenny would have any trouble regressing to a dream she vaguely remembered consciously anyway.

It was then Sacks, another MUFORA investigator present, who suggested that it might be worth trying a different line. So Jenny was asked to put out of her mind that she had had a dream, and instead search for a memory of any real incident which she might be consciously thinking was a dream. The results were quite dramatic and immediate.

The man in the road

Jenny saw herself in the car at a date later found (at subsequent sessions) to be June 1980. With her in the car was her boyfriend (now her husband) Jim. He had driven the car into Cheshire but she was driving back to Helmsford, Lancashire (their home). At the time she was only a learner driver but Jim had drunk too much to take charge and was in deep sleep. Consequently Jenny was a little nervous but obviously they had to get home. It was late night (we think approaching midnight).

worked (as it evidently had)
vaguely recalled

Jenny described travelling from Crewe to Macclesfield (which seems an odd route home to Helmsford, but of course being an L-driver they could not use the motorways) Later the encounter was located to just outside Middlewich, Peter Warrington who used to live in the area suggested this was not the way one would travel from Crewe to Macclesfield, and it is true it is not a direct road, but a glance at the map shows that it is a feasible route, especially if known quiet roads were being selected by Jenny for obvious reasons. The location looks to have been around Sproston Green, which is fascinating. In November 1978 a close encounter with EM effects occurred in this village (see my forthcoming book UFO REALITY for a discussion of the case). Jodrell Bank radio telescope is nearby.

An object is seen a long way off in the sky. Jenny says... "It can't be an aeroplane" It has red and yellow lights. She continues driving. Suddenly bright light almost blinds her in front. She thinks a car is approaching. So she slows and stops. The object is on the road ahead blocking her path. Desperately she tries to wake Jim but cannot. The large object is masked by the brilliant glare. Then two figures appear walking from it towards the car. Under hypnosis Jenny shows intense fear.

One man goes to the side window by Jim and seems to tap on it. The other comes to her side and seems to be looking in. She sees his five fingered very large hand on the window. The man is tall (seven foot she estimates) and she can see no detail in his face. He seems masked by a one-piece suit that comes above his neck. He has silvery boots on that match the suit and he walks in slow motion. She is paralysed but has switched off the car engine (we do not know why). She repeats how glad she is the doors are locked. Eventually the figures tries to get her to come out, but she resists the urge to do so. She does recall his eyes through a kind of visor, "slit-like". Then the man her side walks back to the front of the car and she hears a sound for the first time - a kind of whirring. The figures then seem to return to the glare. Her next memory is of it having gone and she feeling extremely tired and confused, apparently forgetting the incident already! When immediately asked personal details she spontaneously answers as correct at the time (JUNE 1980)

To give the flavour of this case here are some quotes from the hypnosis tapes... "I can't move! (Great stress)... But he won't know how the door moves. He's never seen a Princess (the type of car they were in)... Jim, I wish you'd wake up... (He beckons to her)... I'M NOT GETTING OUT... (the figure goes)... They're not going to come again... (with great relief)... They didn't make me do it... (ie Get Out of the car)... She giggles and is clearly triumphant at having won the battle of wills"

CONCLUSIONS

Both these cases are very valuable because of their unique character. Both offer much food for thought when we come to consider explanations for the regression hypnosis experience. This last case in particular is seemingly unique. What began as an exploration of a dream became something very different and throws the cat quite certainly among the pigeons. Is Jenny merely fantasising on a dream she once had? It has not escaped anybody's attention at MUFORA how similar the details are in some respects to the famous Joyce Bowles/Ted Pratt encounter on the Winchester road in November 1976. On the other hand why did regression to a dream fail to bring a response? Overall the inference is that Jenny was describing an event as real as any other abduction but which was repressed almost totally by her mind, reflected only in vague memories of what she thought to be a dream. Jim recalls absolutely nothing.

There is much that we still need to know about the regression phenomenon and until we can answer basic questions about our chief tool by which we extract such data the nature and origin of UFO abduction stories will still be subject to great controversy. I think that experiments of this kind are long overdue, and although I am sure not a few people will have reservations about their objectivity or even their place within UFO research, to my mind they undoubtedly are important. For they are producing many significant arguments and points of debate, and posing large numbers of contradictory questions in almost every case. In my experience the existence of just such a state of affairs is an indication that we are on the track of something valuable and positive.

MUFORA would welcome your thoughts and suggestions on more work with the above witnesses or further experimentation we might possibly contemplate. And if your own group feel like trying to duplicate some of these results then do so... and report on your findings!